

Title slide

- Include name of program and logo here
- Reference program as part of the National Diabetes Prevention Program led by CDC

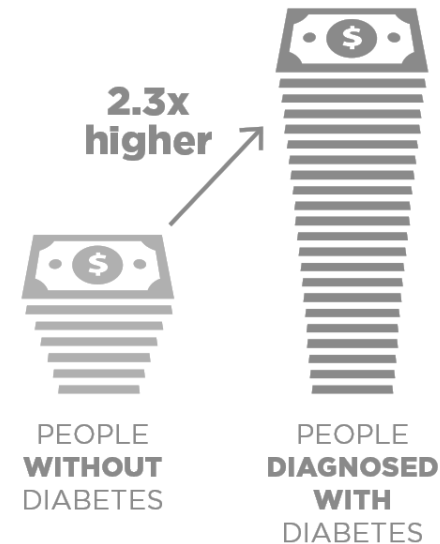
A Silent Precursor

- 1 in 10 have diabetes
- By 2025, 1 in 5 could have diabetes if no change is made
- 79 million have prediabetes
- Only 11 percent of them know it
- Can lead to type 2 diabetes within 3 years if no action is taken

Prevention is Key

- People with prediabetes:
 - 5 to 15 times more likely to develop type 2 diabetes
 - Higher risk for heart disease and stroke
- Health care expenses are 2.3 times higher for people with diabetes

Average medical expenditures



Small Changes Have Big Impact

- Participating in a structured lifestyle change intervention makes a difference
- Losing 5-7 percent of body weight reduced risk of type 2 diabetes by 58 percent
- [Your program name] can help your patients

How Can You Help Your Patients?

- Talk to your patients
- Administer the risk assessment quiz
- Test your patients
- Recommend [your program name]

*The risk assessment quiz can be found at
www.cdc.gov/diabetes/prevention*

Talk to Your Patients...

About their risk:

- 45 years of age or older
- Overweight
- Exercise < three times per week
- Family history of type 2 diabetes
- History of gestational diabetes

Assess Patients' Risk for Prediabetes

*Administer CDC's prediabetes risk assessment
quiz at*

www.cdc.gov/diabetes/prevention

Test Your Patients

- HbA1c test (5.7 to 6.4)
- Fasting blood glucose test (100-125 mg/dL)
- 2-hour oral glucose test (140-199 mg/dL)

Recommend Patients to [Your program name]

Recommending patients is easy: Simply
use the recommendation form available at
[insert location]

About [Your program name]

- 16 weekly group sessions
- 6 monthly follow-up sessions
- Trained lifestyle coaches
- Learn healthy lifestyle skills
- Offered in community locations
- Adherence to CDC quality standards

New Medical Billing Code: 2014

Current ICD-9 code 720.29 is associated with prediabetes; ICD-10 code will be R73.09 following conversion in October 2014.

Talk to Your Patients About [Your program name]

Share program specifics with them:

- Group sessions
- Trained lifestyle coach
- Offered at community locations
- Reimbursement offered by some private insurers

Track Patient Progress

- Schedule a 16-week follow-up appointment
- Ask patients about their participation in [Your program name] and what they learned

[Your program name] in Your Community

- [Insert location 1]
- [Insert location 2]
- [Insert location 3]

“I’m so excited because I went to the doctor last week and all of my numbers were down, and I officially no longer have prediabetes.” - Vivien

Questions?